



Cook time: 10 mins

Serves: 4

Prep time: 20 mins

# Fruity Seafood Fried Rice

## Ingredients

- 300g white rice, cooked and cooled
- 150g brown rice, cooked and cooled
- 1 tbsp sunflower oil
- 400g medium prawns, shelled and diced
- 1 Fuji apple, diced into fine pieces
- 2 eggs
- 2 tbsp onions, chopped
- 1 stalk spring onion, thinly sliced
- 1 tsp soft margarine
- ¼ tsp salt, to taste
- Pepper to taste

## Method

- Heat the oil in a non-stick wok till hot. Add onions and stir-fry for 1–2 minutes.
- Add prawns and stir-fry for 2–3 minutes over high-heat until pink.
- Break the eggs into the wok and stir quickly to scramble.
- Lower heat and stir in the cooked rice. Add salt and pepper to taste.
- Turn up the heat and stir-fry for another 2–3 minutes.
- Add in the diced apple and margarine. Stir-fry for 1–2 minutes.
- Transfer to a serving dish. Garnish with spring onions. Serve hot.

### Nutrition Information (Per Serving):

Energy: 375kcal

Protein: 24.9g

Total fat: 11.3g

Carbohydrates: 43.2g

Dietary fibre: 2.1g